

TMI *focus*

Vol. XVI, No. 2

A Newsletter Of The Monroe Institute

Spring 1994

TELL IT WITH WORDS?

by Robert Monroe

Throughout human history, they have been the primary mode of communication. It probably started with grunts and moans, yells and whimpers, with sign language added for emphasis.



Hundreds of millennia later, the process has become so complicated that it's virtually impossible to truly "tell it like it is." Each individual reader or listener has a slightly altered interpretation. When the subject matter is uncommon or rare in the era, it makes matters worse. Written or spoken, you have to invent new words or acronyms, give different meanings to ordinary words. All to try and convey clearly something everyone knows but doesn't remember.

Experience is the best teacher? Over 2,500,000 written and printed, plus countless millions of spoken words later, one still gets the feeling there is much more to be reported. The question is: how?

Why bother? The rewards are so great. Not financially, or in fame, or to the ego, but in the response from many thousands of individuals worldwide who started remembering as a result. They often don't think of it this way, but that's what it is. Remembering.

Now, as you read this, *Ultimate Journey*, the latest of the trilogy published by Doubleday, is being distributed in the United States

and Canada. It picks up the trail from my earlier books, *Journeys Out of the Body* and *Far Journeys*, and reports the joy and pain of forced discovery and examination of areas previously ignored or passed over with a casual lack of perspective.

What happened? Call it a "glitch," for lack of a better label. Much of my nonphysical awareness was shut down, cut off because, I was informed, I had missed a "Basic." Once this fundamental was a part of me, I would move "in a New Direction."

It was devastating. How would YOU feel if suddenly most of your very special nonphysical friends vanished and you couldn't find even a trace of them? It brought on a deep depression that none of those close to me

physically could provide much help with, much as they tried.

Finally, out of desperation, with much purpose and curiosity, I began the search. It meant going back through my entire life looking for clues. I found many items that defied explanation, but oddly enough, the important ones were so obscure they remained that way until much later.

However, one stood out. In 1948, long before the OBE Variable entered my life, I owned a farmhouse in lower Dutchess County, New York. One day, the well apparently ran dry; we were getting no water in the house. I went out to see what was wrong. It was an old-style well, hand dug

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H-PLUS ODYSSEY— Part III

by Barbara Bullard, MA

Two previous issues of the FOCUS chronicled the experiences of community college instructor Barbara Bullard as she applied HUMAN PLUS to enhance learning and support change and self-development for herself and her students. However, much of her initial reason for trying the tapes was to find a means of eliciting the body's autonomic healing mechanisms. From Barbara's viewpoint, this is yet another area in which H-PLUS



has proven its effectiveness. She shares the observations that have led her to this conclusion.

FOCUS: Barbara, you mentioned that self-healing was the area in which you had the greatest hopes for H-PLUS. Did the tapes meet your expectations?

Barbara: Aiding the healing process is where the tapes have been most impressive. **FOCUS:** How did you begin to explore this potential?

Barbara: A student who had AIDS came to me distressed at his declining T-cell count. We scanned the tapes and chose *Regenerate*, thinking that it would help him in visualizing the production of new T-cells.

FOCUS: And did it?

Barbara: Within three weeks of using the tape, he was tested again and his T-cell count had doubled. His doctor commented on this significant increase, and the student shared his experience with *Regenerate*. When they tested his T-cell count again in two more

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TIME LINES AND LIFELINES

by Jack Auman

LIFELINE participant Jack Auman didn't anticipate applying his new skills when he settled in for some personal exploration. Then the unexpected happened. Jack included a list with the date and time of each event referred to in this account and a parallel listing of his actions in those time frames. The obituary from the local newspaper and the coroner's report were also attached. The family surname is abbreviated to preserve privacy. What information becomes available to us when we open ourselves to it and to service? Jack is still considering the implications of his experience.



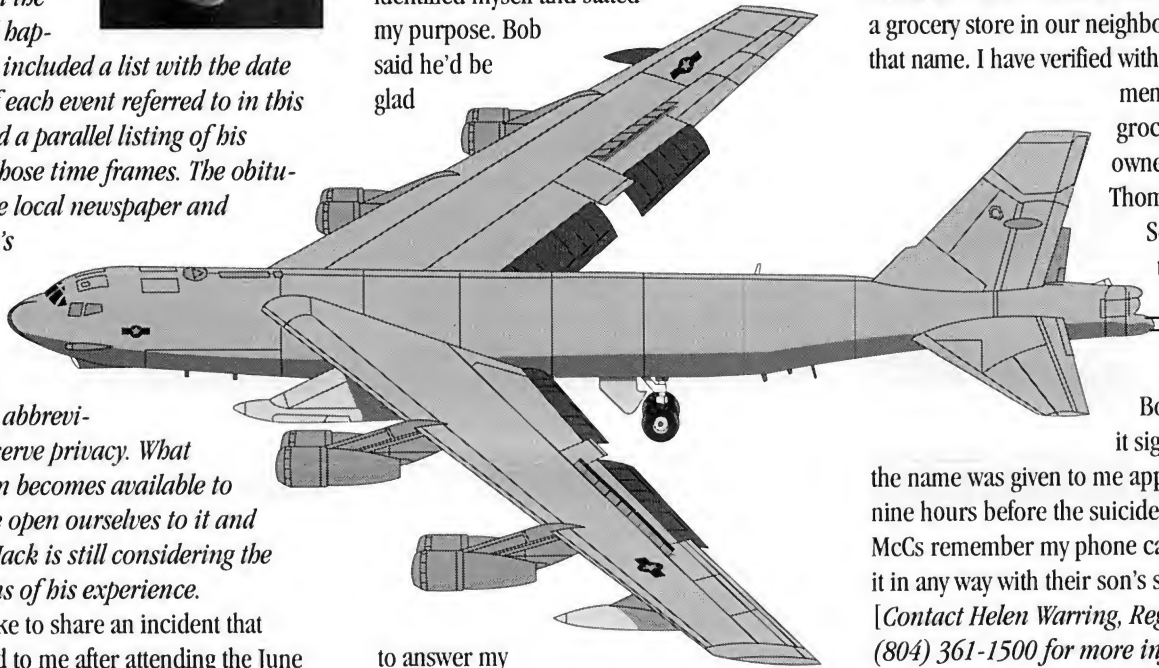
I would like to share an incident that occurred to me after attending the June 1993 *LIFELINE* program at The Monroe Institute.

The incident began on Tuesday morning, July 6, 1993. While listening to the *METAMUSIC* tape *Downstream*, I was attempting to regress myself to an earlier lifetime in which I perceived I was a radio operator on a World War II bomber. My main purpose for attempting the regression was to gather information about my "World War II self" that could possibly be verified.

With what seemed about five minutes of tape remaining, the name "Bob McC." came into my head. When the tape finished, I pondered the experience and what sort of information it might provide me. My intuition guided me to the local telephone book and I found listings for R. J. McC. and R. J. McC., Jr. The odds seemed good that "R" might stand for Robert. Since my current physical life cycle began in 1948, I thought I might have some connection with R. J. McC., Sr. I

decided to first call R. J. McC., Jr., the intent being to ask him about his father. There was no answer.

Next I called R. J. McC., Sr. An elderly woman answered. I identified myself and said that I was doing research on World War II. I told her that I'd come across the name "Bob McC." and needed some information about Bob. The woman said he was in the other room and asked if I would like to talk to him. I was elated that at least I had located a person matching the name that came to me! When Bob came to the phone, I again identified myself and stated my purpose. Bob said he'd be glad



to answer my questions. He indicated that he had been in the Air Force during World War II for three and one-half years and had remained stateside. I thanked him for the information and ended the conversation. In retrospect, I regretted not asking Bob more questions. I did not plan the phone call nor the line of questioning very well. But at least I had gleaned a few facts about Bob McC.

I phoned two friends that night to report the incident. For the next few days I tried to decide whether to proceed with this investigation and if so, how. On Friday, July 9, 1993, a new twist developed. I was reading the obituaries in the local newspaper and learned that Bob McC., Jr., had died. He had committed suicide on the Tuesday that I called his father. Bob Jr. was an Air Force veteran of the Vietnam War.

The new information confused me. I opened the lines of communication to my spirit guides to ask what message was being

delivered. Their reply was: "The message is simple. You've just attended a program that helped you learn to retrieve and assist people who have departed the physical. Your job is to help Bob McC. to Focus 27." That night, using the techniques from the *LIFELINE* program, I found Bob Jr. in Focus 23 in a very agitated state. After calming him, we easily moved to Focus 27, where he is now resting until he decides his next direction.

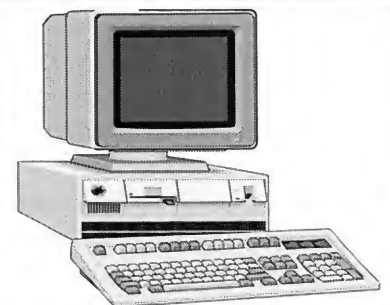
I'm certain that I did not know either of the McCs in this lifetime. Prior to this incident, I can recall only one exposure to the surname "McC." When I was a boy, there was a grocery store in our neighborhood bearing that name. I have verified with two family

members that the grocery store owner was named Thomas McC.

Several questions still remain: What is my connection, if any, to Bob McC, Sr.? Is it significant that

the name was given to me approximately nine hours before the suicide? Did the elder McCs remember my phone call or associate it in any way with their son's suicide?

[Contact Helen Warring, Registrar, at (804) 361-1500 for more information on the nature and purpose of *LIFELINE*.]



NEW WAYS TO CONTACT TMI

Call (804) 361-1600, the new *24-HOUR INFORMATION LINE*, to hear pre-recorded voice messages, to send or receive materials by FAX, or to leave a voice mail message.

Coming soon: **E-MAIL.**

GATEWAY TO HEALING

by Susan F. Tirotta

Many of you may remember Sue Tirotta's account of recovery from closed head trauma with the aid of H-PLUS Brain: Repairs & Maintenance (TMI FOCUS, Vol. XIV, No. 2, Spring 1992). We had not heard from Sue for a while, then a letter arrived to assure us that Hemi-Sync continues to play a large role in resolving the "little" everyday disasters in her life. Sue and her husband, Arthur, raise and train quarter horses on their ranch in Ellensburg, Washington. The following account illustrates how Hemi-Sync helped to tap into her innate healing abilities after a serious, horse-inflicted injury. Sue further noted that Hemi-Sync is "spectacularly" successful in such dramatic instances. However, she is most thankful "for the day-to-day assurance and comfort of relaxation, contemplation, and reflection."

In July 1993, Sue Tirotta entered the paddock of her quarter horse stallion, Sandalwood Star, to pull weeds growing too close to the fence to be mowed. A brief rain the night before made the task easy. Star, who had been bred, nurtured, and trained by Sue for his entire life, occasionally walked up to investigate and to be stroked and scratched. After working for about an hour, she was bent at the waist, grasping a clump of weeds with thoughts of lunch uppermost in her mind.

Then... "I heard the great thundering rush of hooves, and suddenly I was on my back on the ground looking up as four hooves and the huge underbelly of a horse flew in slow motion and incredible detail over my head." Stunned, Sue was horrified and embarrassed to realize that she was the person she heard screaming. "I grabbed my knees with my left hand and pulled them up to my chest in a defensive fetal position." Listening to the stallion's racing hoofbeats, she "couldn't seem to see anything but black clouds." In the meantime Sue's husband,



Arthur, ran into the paddock and got between her and Star. "Then the pain hit. Reflexively, I began chanting '55515' like mad, trying to slow down my breathing and remain conscious." Arthur reached her side and began to half carry, half drag her toward the house. She says, "My entire right side from the waist up felt like it was on fire, and my right arm hung limply from the shoulder."

Rejecting an agonizing ten-mile drive to the hospital emergency room, Sue opted to place her confidence in her own ability to heal, aided by Hemi-Sync. She continues, "I gasped my instructions to Arthur: strip off my shirt, prop me on my left side between pillows on the bed, start the *H-PLUS Emergency: Injury* tape and put the headphones on me, start packing my back and shoulder in ice, and give me two aspirin." Arthur's exclamations of "Oh, my God" as he peeled off the sweatshirt did not inspire confidence. Nevertheless, Sue settled in and "listened alternately to *Emergency: Injury* and *Pain Control* for about six hours. The extreme pain, as I expected, retreated to a manageable distance, and I was able to remain in a floating state of consciousness and observe what was happening in my body, which largely seemed to be chaos."

By late afternoon, Sue realized that fear of how the wound looked was impeding healing. When Arthur supported her in front of a mirror, it showed that "The contusion was huge, covering almost half my back. A swollen, black patch about ten inches by eight inches covered the point of my shoulder blade where the stallion's teeth had struck most deeply, and a much larger area of deep blue surrounded this. There was a lot of pooling of blood in a giant hematoma under the unbroken part of the skin. Blood and clear fluid seeped from the patches where the skin was breached." Most interesting, however, "was that at the very edges of the damage, the skin had already begun shading to yellow, red, and brown, which indicated the healing of the bruise was proceeding." Reassured that "the tapes were already doing their thing," Sue returned to the bed and her tape player. Now what she needed to heal was clearly in mind.

It was impossible to raise her right arm, but feeling was returning to the fingers and wrist. Also the joints all seemed to flex properly. The shoulder blade felt somewhat

unhinged, perhaps due to ligament damage. Luckily, summer leave from her job at a nearby university allowed large blocks of time to be devoted to self-healing. Sue describes "day after day in 'suspended animation,' listening to tapes and healing myself by the hour. I reviewed the contours of the wound in the mirror repeatedly, imaging the area whole and well and healed. The bleeding and seepage ceased almost immediately, and there was noticeable improvement after each three-hour session. The *Circulation* tape helped a lot with diminishing the deep bruising and reabsorbing the hematoma."

Of course, plans for end-of-summer horseback riding evaporated. Now, in January 1994, the only remaining evidence of this massive injury is "an almost unnoticeable shadow of discoloration over the point of my right shoulder blade." Along with even more confidence in the healing capacity of her body/mind in Hemi-Sync consciousness states, there was another quite remarkable benefit. Sue's right shoulder, which was always slightly higher than the left, is now perfectly aligned. This gives her the excellent posture on horseback she had always craved. The right shoulder also seems stronger and more flexible.

Sue surmises that the young stallion felt crowded into a corner as she worked down the fence line. Star's subsequent attack was instinctual behavior in defense of his domain. "In retrospect, being hit at thirty-five miles per hour by a 1,200-pound horse could have been much worse." She has resolved to take the incident as "a gentle warning to keep [her] wits about [her]...in the future."

If you're inspired by this first-person account of Hemi-Sync and healing, consider membership in the Dolphin Energy Club. Club members use a special tape with frequency patterns based on brain-map studies of talented healers to promote health for themselves and others. Contact Shirley Bliley, DEC Service Coordinator, at (804) 361-9132 or write to her at The Monroe Institute, Rt. 1, Box 175, Faber, VA 22938-9749. The annual fee of \$35 for Institute members and \$50 for non-members includes the DEC Hemi-Sync tape, coordination of specific healing requests, and quarterly reports on DEC activity.



WORDS

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instead of drilled, about three feet in diameter and lined with large fieldstone rocks.

Poking my head over the rim, I could hear the pump motor running far below. I reached over and shut off the electric switch for the pump and looked down into the dark hole again. I could hear water running even though the pump was shut off.

Curious, I took the rope off the bucket windlass, tied the end to the windlass post, and slowly rappelled myself down the rock wall to the bottom of the well. The light was dim, but I could see clearly. Below the dry pump, there was indeed a small underground stream. A rock had fallen out of the well wall above and knocked a hole in the bottom—and that was where my well water was going.

I looked up and there, far above me, was a small circle of light from the top of the well. I panicked. What if I had disturbed another rock on my way down? Would it come down, hit me? Who would look for me way down here?

I started to climb out frantically, then stopped. A great peace seemed to come over me, and I slid down and sat on the bottom alongside the running water. My eyes closed for a moment. Then I stood up, blocked the water exit hole, casually rappelled up to the top, climbed out, and went into the house. As I passed the clock in the kitchen, I was astounded. I had been in the well for over two hours!

In searching for what had happened so long ago during that "moment," I found a beautiful message in it from what I call "Mother Earth." I never knew it existed until forty years later. It is reported in *Ultimate Journey*.

It was part of my learning process in discovering just how very much more than a physical body we are—and that led to the Basic. The New Direction it took me in was one I had never even remotely considered, again part of the new book.

I wouldn't spoil your fun in reading it by going into more detail. If you've heard my recent program talks, at least you have a clue or two.

See you in 12.



ODYSSEY

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weeks, there was a second significant gain.

FOCUS: It seems that your student would want to spread the good news!

Barbara: He ordered four more *Regenerate* tapes for friends with AIDS and all of them had similar increases in T-cell counts. Since that time, I've recommended this tape to other HIV patients to help rebuild their immune systems, with comparable results.

FOCUS: Have other *H-PLUS* tapes shown promise for stimulating the immune system?

Barbara: *Tune-Up*, with the Command Plus-Balance, Heal, and *Restorative Sleep*, which is often recommended to help make sleep a more profound healing state, have been especially beneficial. These tapes work for long-term disabilities and post-op recovery.

FOCUS: How about selections for specific conditions and situations?

Barbara: Many people with chronic lung problems or AIDS-related pneumonia find that *Lungs: Repair & Maintenance* speeds up the healing process. I suggested *Brain: Repairs & Maintenance* to a student recovering from severe head trauma. He was having memory loss and anxiety after being beaten over the head with a baseball bat during a robbery. He was in my class for two months and I was amazed at the changes. His attitude became more positive and less anxious, his writing skills became more lucid, and his nonverbal body communications normalized. The student was certain that the tape aided his overall improvement.

FOCUS: Have you, yourself, had occasion to employ *H-PLUS* for illness or injury?

Barbara: I had personal success with *Heart: Repairs & Maintenance*, *Circulation*, and a rather dramatic experience with *Brain: Repairs & Maintenance*, which I'll talk about in our final installment.

FOCUS: We'll certainly look forward to your saga! Do you have any closing comments on *H-PLUS* for health and healing?

Barbara: Yes, two tapes in particular have had a real impact with the more mature population. Several friends plagued by tinnitus [ringing or buzzing in the ears] commented that after using *Sensory: Hearing* several times their tinnitus disappeared for long periods. When it came back, they only had to listen to the tape again. More than

thirty people have had success with *Sensory: Seeing*, and two stories stand out. Using the tape, an eighty-year-old nun went through cataract surgery extremely well and stunned the doctor by "total" recovery of her vision. A friend, having difficulty regaining her sight after surgery for a detached retina, used *Sensory: Seeing* with *Circulation* to bring her eyesight almost back to normal.

FOCUS: Barbara, thank you for providing so many outstanding examples of the unusual amount of control people can exercise over how they feel and heal.

Barbara: You're welcome. I've read that the body's cellular change affects the eyes, so, at the cell level, we have new eyes every two months. These two stories proved the theory to me! In talks to groups, I get the most follow-up calls about *Sensory: Hearing* and *Seeing* because their effects are so obvious.



QUARTERLY TAPE INFORMATION GATHERING

Until now, *Information Gathering* has only been available as part of the *LIFESPAN 2000* residential program. *LIFESPAN* is intended to provide an all-encompassing structure to help any individual exist and grow under the massive changes occurring in the world today. *Information Gathering* provides the means to tap into your personal library of knowledge, all that is you and yours. Side One is a ten-point guided relaxation which also familiarizes you with Hemi-Sync frequencies unique to this exercise. Side Two teaches you to open an Access Channel with the Command, Plus-Retrieve. Information may flow through this channel as words, mental images, emotion, feelings and sensations—or all of these. With practice, you will be able to obtain guidance with this method as easily as you walk and breathe.

TO SLEEP, PERCHANCE TO DREAM: HEMI-SYNC SLEEP INDUCTION SYSTEMS

by F. Holmes "Skip" Atwater

In the Winter 1994 issue of the FOCUS, Skip Atwater drew on his extensive experience as a monitor for an insider's view of a PREP (Personal Resource Exploration Program) session in the TMI lab. Of course, the research that forms the foundation of our tapes and programs is Skip's primary concentration. Did you ever wonder why the Hemi-Sync sleep induction tools help you sleep so well or how to use them for the best results? Read on and find out!

The Monroe Institute's Hemi-Sync sleep induction systems use specifically designed sound patterns to regulate the sleep cycle. Consistent use of these



Hemi-Sync sound patterns at night encourages the formation of natural sleep cycles. Pleasing background sounds (musical tones or phased-pink) mask background noise and shift attention away from disrupting, sleep-incompatible activities, such as cognition. Sleep-stage-specific binaural beat sound waves, combined with these background sounds, induce brain-wave patterns and changes in consciousness associated with natural sleep. People who experience insomnia because of physical or mental tension may find that Hemi-Sync sleep induction systems solve the problem without risking the side effects of drugs.

The sleep-stage-specific binaural sound waves of the Hemi-Sync system work because of their unique design. Rather than simply selecting beta, alpha, theta, or delta sine-wave binaural beats to stimulate the various sleep stages, human sleep-wave patterns were developed with the aid of computerized EEG recording equipment.

Brain-wave recordings from a number of sleeping subjects were categorized according to sleep stages. Then, characteristic wave forms for each stage of sleep were combined mathematically to produce a unique wave form for each sleep stage. These human-sleep-stage wave forms were then converted into sleep-stage-specific Hemi-Sync binaural beats. With the Hemi-Sync system, each stage of sleep is induced at the proper time in the cycle with appropriate, uniquely human, wave patterns.

Insomnia is a complaint or symptom, rather than a disorder, that can be caused by a variety of medical, psychological, and behavioral disorders, as well as by acutely stressful situations. Hemi-Sync sleep systems are not medically approved devices. No medical claims are made for them, and they should not be used in lieu of prescribed medical treatment. However, they *can* help to prevent and treat insomnia caused by physical or mental stress. If insomnia is due to medical, toxic, or environmental conditions, remove or improve these conditions first.

Proper use of Hemi-Sync sleep programs requires stereo audio equipment with suitable speaker placement or the use of stereo headphones. Initially, adjust the volume—louder to cover distracting noises or softer if you are accustomed to a relatively quiet environment; whatever is most comfortable for you. The system will automatically adjust its volume level throughout the night as you move in and out of deep sleep. Plan a regular sleep-wake schedule, whether you are dealing with insomnia or simply enhancing the quality of sleep. Inconsistent sleep times can reduce sleep quality because the sleep-wake cycle is a biological rhythm. Base total sleep time on the amount of sleep you need to feel alert and energetic during the day. Everyone has different requirements. Once a bedtime has been chosen, it's helpful to establish a bedtime routine. The rituals of checking the house, turning out the lights, changing clothes, and brushing teeth may seem subtle, but they are effective psychological messages saying, "It's time to relax."

If you've been having trouble sleeping, wait until you feel sleepy to go to bed. A quiet activity for thirty to sixty minutes before bedtime, such as reading or hand-work, is helpful in "gearing down" for

sleep. Turn on the Hemi-Sync system when you first lie down. If you can't fall asleep within ten minutes, turn off the system, leave the bedroom, and engage in a "gearing down" activity. Return to bed only when you feel drowsy, and turn on the Hemi-Sync system once again. If it's still hard to fall asleep, repeat this routine at ten-minute intervals until you do.

The single most important factor in promoting good sleep and in using Hemi-Sync sleep induction systems may be a regular rising time. "Sleeping in" has the potential to disrupt the next night's sleep, just as napping during the day may reduce the desire to sleep that night. The Hemi-Sync system will return you to waking consciousness surely and gently, ready to face the day filled with energy and vitality. Consumption of substances such as caffeine, nicotine, and alcohol is not recommended when using Hemi-Sync. Caffeine should be avoided in the late afternoon and evening. Alcohol's depressant effects may promote the onset of sleep. However, two or more hours later, when the drug is metabolized, sleep becomes fragmented. The Hemi-Sync system will provide all that you need to get a good night of refreshing sleep without stimulants or depressants.

Athletes have more delta (Stage 3—Stage 4) sleep than nonathletes. Regular exercise appears to deepen sleep, and the time of day exercise is performed is also relevant. When using Hemi-Sync as an aid to sleep, plan daily exercise in the afternoon or early evening. The deep delta cycles programmed into the Hemi-Sync system are most effective when your whole body is physically prepared to resonate with the slow, sonorous rhythms.

Finally, to enjoy the exemplary, restful night of slumber that Hemi-Sync can provide, make the bedroom a snug place that you associate with sleep. Room temperature should be comfortable—slightly cool is better than slightly warm. Your mattress should be tailored to your preference. Reserve the bedroom for pleasurable activities like sleep, reading, or lovemaking. Tasks like balancing the checkbook or resolving problems may transform the bedroom into a stimulus for alertness, mental activity, frus-

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THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at
The Nancy Penn Center in Faber, Virginia.

1994

GATEWAY VOYAGE

April 16-22

May 7-13

June 4-10

July 9-15

July 30-August 5

August 20-26

September 17-23

October 8-14

GUIDELINES II

(A Graduate Program)

May 14-20

July 16-22

September 24-30

PROFESSIONAL SEMINAR

July 23-29

LIFELINE

(A Graduate Program)

April 23-29

June 11-17

August 6-12

October 15-21

LIFE SPAN 2000

June 18-24

September 10-16

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

Editor: Shirley Bliley

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



ton Roads Publishing Company, Inc.), is a compendium of articles by TMI members and OUTREACH trainers detailing their

application of and experiences with Hemi-Sync. It's a superb reference for those who are already Hemi-Sync proficient and is the ideal resource to offer friends who ask, "What's it all about?" Watch the summer

issue of the FOCUS for a new feature, "Spotlight on Members," and the story of how *Using the Whole Brain* came to be.

Art

Those of you who have attended our residential programs have seen the stained-glass rendering of the OBE logo that hangs in the foyer of the Nancy Penn Center. This beautiful piece of work is by Chettie Moller. You may order a smaller reproduction for \$90 plus shipping and handling. Sixty percent of the proceeds go to TMI. Write to Chettie at: Old Fitzwilliam Road, Jeffrey, NH 03452 or telephone (603) 532-7635.

Books

The following titles are now available from Interstate Industries, Inc.

Healing Myself, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.), is the story of how Hemi-Sync helped Gari endure a series of painful reconstructive surgeries following a near-fatal car accident.

Mind Trek, by Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.), is Joe's personal account of how he developed his remote viewing talents.

ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday), is **HERE!** See the special insert in this issue for details.

Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, Hamp-

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

TORONTO, ONT

Blair Swanson

(416) 269-4252

VANCOUVER, BC

Carol Biernat

(604) 261-2840

SCOTLAND

FIFE

Robert and Penelope Gibson

(0337) 30767

U.S.A.

BETHESDA, MD

Helene N. Guttman

(301) 656-8980

BUTTE, MT

Leo McCarthy

(406) 494-3567

CAMBRIA, CA

Lealand Beck

(805) 927-4621

FINESVILLE, NJ

Pete Ennes

(908) 995-9493

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

JACKSON, WY

Tim Bradley
(307) 733-0907

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

MARIETTA, GA

Jan and Art Flint
(404) 514-7901

NEW YORK, NY

Ross Jacobs
(212) 929-0661
Al Swadichuto
(212) 228-3298

PORTLAND, OR

Clayton Morgan
(503) 236-1705
Bill Oakes
(503) 288-5305 (w)

PETALUMA, CA

Hildegard Minstein
(707) 763-7537

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

TULSA, OK

Bruce W. Freeman
(918) 445-0040

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The trainers listed in the Hemi-Sync *OUTREACH* section also welcome your calls.

Resources

Bioelectromagnetics: Personal Risks & Concerns, edited by James B. Beal (\$10.00, softbound, including shipping and handling), is a concise reference to key points and issues in this emerging field. Order from: EMF Interface Consulting, 306 Margon Court, Slidell, LA 70458-1321, (504) 847-1400. [For more on bioelectromagnetics, see the feature article in this quarter's HEMI-SYNC JOURNAL.]

Reviews***NAPRA Trade Journal***

In "Music and Audio Reviews," editor Carol Wright gives *TimeOut for Sleep* high marks. Carol calls it "a hard album to review without dozing off." After giving a clear, accurate description of what this CD provides, she characterizes it as "a very cozy experience!"



FROM THE EARS OF BABES

by Arthur D. Haggerty, Ph.D.

Arthur Haggerty is accustomed to offering Hemi-Sync as a resource for stress management and wellness in his health psychology practice. However, his granddaughter's reaction to the familiar technology left him nonplussed and wondering if the infant brain processes Hemi-Sync sound patterns differently. What's your opinion?

In the recent past, I gave each of my four children a tape from the *Achates Sandman Series* for use with my grandchildren. A *Sandman Suites*



tape, Number One was given for use with my granddaughter Natalie. At the time, she was two months old. I brought the tape with me during a visit. One day when Natalie began to cry, I decided to test its effect.

She was sitting on my lap with a portable stereo tape player about six feet away and

directly in front of us. When the tape began to play, Natalie's crying immediately ceased. Unexpectedly, however, the baby began to move her head from side to side (in an 180 degree arc) with a definite look of wonderment. It was as if she was aware of something "different" on each side of the room. She was not disturbed, just curious. She continued to turn her head from side to side for several minutes, until I intervened.

This behavior suggests that the infant brain can adhere to the Frequency Following Response but may perceive a discrepancy in the sounds reaching each ear. Once again, Natalie seemed fascinated rather than disturbed. Whatever this phenomenon implies, it may be of interest to others who notice similar infant behavior.

**TO SLEEP**

Continued from page 5

tration, and concern, rather than for pleasant relaxation.

Hemi-Sync sound patterns are designed to facilitate natural sleep cycles. If presented proficiently in a conducive environment, they effectively induce normal sleep stages and produce the nocturnal sleep patterns essential for restful, refreshing sleep.



HEMI-SYNC WITH A FRENCH ACCENT

The Monroe Institute made Hemi-Sync available to a new audience in 1992 with the decision to translate nine Hemi-Sync tapes into French. These first tapes were so well-received in both Europe and Canada that we went on to produce a French version of *Discovery*, the initial album in our highly popular *GATEWAY EXPERIENCE* in-home training series.

This stimulated further demand, which we are happy to meet. Twenty-one additional *HUMAN PLUS* titles are now available, along with the second album of the *GATEWAY EXPERIENCE*, *Threshold*. More and more letters from customers and dealers arrive decorated with foreign stamps and requests for specific titles in response to the eager French-speaking public.

With the release of the newest French tapes, almost one quarter of our product line is available to this appreciative audience in their native language. Add *METAMUSIC* and other nonverbal selections, and the percentage rises. Where will it end?



HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace dur-

ing an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity,

release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, contact one of the *OUTREACH* Trainers listed below.

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